

<<The 28 Day Plan-Ener>>

图书基本信息

书名：<<The 28 Day Plan-Energise 28天美体计划>>

13位ISBN编号：9781407511108

10位ISBN编号：1407511106

出版时间：2007-1

出版时间：Parragon

作者：本社 编

页数：32

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内容概要

If you feel tired all the time, waking up in the morning feeling just as exhausted as when you went to bed, then you are in need of a lifestyle overhaul. This 28 day plan shows you the easy way to do it, through a program of light exercise, regular healthy meals, and some well-deserved pampering. Find out how to regain vitality through exercise and healthy eating. Features a week-by-week plan with daily schedules to make this an achievable aim.

Contains easy-to-follow exercises to practice at home or in the gym. Offers sensible advice on which foods to avoid and what to indulge in. To help you complete the program, there are lots of ideas for pampering body and soul. A 28 day plan for every woman to follow, whatever her lifestyle.

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